

The Recreational Reader

Truro Recreation & Beach Department

March 2014

Special points of interest:

- April Vacation Program
- Youth Hip Hop Dance
- Program Ideas Needed

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April Vacation Youth Program

Apr. 21 - 25

8:00 am - 4:00 pm

Late pick up at 5:30 pm for an additional fee

Truro Recreation is calling all children, age 4-13, for a fun filled week of games, arts & crafts, and theme days. Sign up for one day or all four. Space is limited so register today. For more info visit our web site at www.truro-ma.gov/recreation

Register online at www.activityreg.com



YOUTH HIP HOP DANCE CLASSES

The Pamet After School program will be offering Hip Hop Dance Classes in March

Contact: Jennifer Flanagan, PAS Coordinator

P. (508) 487-1632 ext. 26

E. pascoordinator@truro-ma.gov

PAMET AFTER SCHOOL

The Pamet After School program is a state licensed after-school program serving children ages 5-12, who reside in Truro or attend Truro Central School. Families of all abilities, races, gender, sexual orientations, religions and socio-economic status are welcome.

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Sports Parent Pledge

Dear Parents:

We're excited to share with you an opportunity to take part in a new initiative offered by the National Alliance for Youth Sports. Their new Sports Parent Pledge will give lots of resources and advice to help make this season fun for your child, and the whole family!

It's completely free to participate. All you have to do is go to www.nays.org/sportsparentpledge to sign up. Each week, for six weeks, you'll get an email focusing on topics sports parents often face



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(like working with coaches, health and safety resources, etc.). Even though the pledge emails will only last for six weeks, they're full of information you can use for as long as your family is a part of our program, and beyond!

We encourage you to check out

www.nays.org/sportsparentpledge today and become a part of the Sports Parent Pledge movement! Make sure to tell them that Truro Recreation sent you!



Coaches We Need You!

Seeking Tball/Softball Coaches

Seeking coaches for youth softball (grade 3 | 4, grade 5 | 6) and youth Tball (grades K - 2). Prior experience not required. Training provided. **Be A Part of Puma Pride!** Contact Truro Rec at (508) 487-1632 ext. 23 or email asstrecdir@truro-ma.gov.

Parents' Code of Ethics

I hereby pledge to provide positive support, care, and encouragement for my child participating in youth sports by following this PAYS Parents' Code of Ethics:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice, or other youth sports event.
- I will place the emotional and physical well-being of my child ahead of a personal desire to win.
- I will insist that my child play in a safe and healthy environment.
- I will require that my child's coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coaches' Code of Ethics.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and will refrain from their use at all youth sports events.
- I will remember that the game is for youth - not for adults.
- I will do my very best to make youth sports fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching, or providing transportation.
- I will ask my child to treat other players, coaches, fans, and officials with respect regardless of race, sex, creed, or ability.

*"Ditch the
Workout, Join the
Party."*



Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

Classes are conducted by certified instructors, Julie Rich and Erin Silva.

Contact instructors for fees and schedules.

Julie Rich - www.purajulie.com

Erin Silva - esilva1@comcast.net

Classes

Tuesday 9-10am (Julie Rich)
Wednesdays 5:30pm- 6:30pm (Erin Silva)
Thursdays 9-10am (Julie Rich)
Fridays 9-10am (Erin Silva)
Saturdays 9-10am (Julie Rich)



National Youth Sports Coaches Association

Truro Recreation is proud to announce that each Truro Recreation Head Coach will be provided membership into the National Youth Sports Coaches Association and asked to complete the online training process. The following is an overview of the NYSCA by the National Alliance for Youth Sports. Truro Rec. is the local chapter for NAYS.

Volunteer coaches are the backbone of youth sports in America. Without the thousands of parents signing up to coach youth sports every season, the youth sports world would come to a screeching halt!

The question is who are these volunteers? Are they an ex-high school or college athlete trying to re-live their sports experiences? Are they a parent of a reluctant child trying to give their child the same great experience that they had as a child? Or are they the mother or father of a child who was told, "If you don't volunteer, we

don't have enough coaches!"

The truth is that all of these scenarios are pretty likely in the average volunteer-based youth sports league. That's why in 1981 NAYS developed the National Youth Sports Coaches Association - to help educate those volunteers to become the best youth sport coaches that they can be. The National Youth Sports Coaches Association (NYSCA) is a membership organization and the most widely used volunteer coach training program in the nation, having trained more than 2.5 million coaches since its inception in 1981. More than 3,000 community-based agencies and organizations have offered this opportunity.

The NYSCA volunteer coach training program is designed to sensitize volunteer coaches to their responsibilities and hold them accountable to a strict Code of Conduct defined by the NYSCA Coaches' [Code of Ethics Pledge](#).



"Very helpful on the knowledge & fundamentals of coaching."

*Coach Boyce
Horn - Lake Alfred,
FL*

Truro Recreation Includes Concussion & Bullying Training for Coaches Through the National ALLIANCE for Youth Sports

Youth Softball / Tball

Registration is now open for children, grades K - 2 for Tball and grades 3 - 6 for softball. This program will give players the fundamental skills while encouraging sportsmanship and teamwork. For more information and to register visit our web site at www.truro-ma.gov/recreation. Register by 3/7/14 and receive a \$5 discount

REGISTRATION DEADLINE 3/14/14

Truro Hiking/Walking Club

Tuesdays 10:00am

**No Hikes Scheduled
For March**

Join Bob Lowe, club coordinator, for a peaceful walk in some of the most beautiful areas that Cape Cod has to offer.





RECREATION & BEACH DEPARTMENT

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Visit us on the web!
www.truro-ma.gov/recreation

"Committed to Community"



The Truro Recreation & Beach Department provides the residents and visitors of Truro with healthy, beneficial programs year round.

The Recreation Department is located in the Truro Community Center and consists of an administrative office, a recreation lounge, an all-purpose auditorium, and the Puma Park Playground.

Upcoming Activities

- Pickle-ball
- April Vacation - Youth Program
- Summer Rec - Youth Program
- Open Gym
- Billingsgate Basketball Tournament (Mar. 21,22,23)
- Youth Sports REC-ognition Ceremony in May

What Do You Want?

The Truro Recreation Department is looking for suggestions of programs that people would like to see offered in Truro. If you have an idea for a program (dancing, adult dodge ball, youth karate...) contact us at asstrecdir@truro-ma.gov.

Credit Cards Now Accepted

In an effort to increase convenience to our participants, we are excited to announce that our department will now be able to process credit card payments. (MasterCard & Visa)

Mon - Fri

3pm - 5:30pm

***\$6/day**

(pre-registration required)

12pm - 5:30pm

(half days)

****\$10/day**

(pre-registration required)

**Truro Community
Center**

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P.A.S. is a safe, supervised environment for children to learn and grow. The program operates everyday that Truro Central School is in session, including half days. Participants are bused from Truro Central School at the end of the school day to the Truro Community Center.

Register online at www.activityreg.com

For more info. Call (508) 487-1632.

Pamet After School



*\$8/day if registered the day of.
**\$12/day if registered the day of.